

ABSTRACT

An upper body support device for supporting the upper body of a person when leaning over an elevated surface includes an underside adapted for placement on an edge portion of an elevated surface and an upper side adapted for the person to lean on when leaning over the elevated surface. The underside of the upper body support device is shaped so that the support device can be placed on the edge portion of an elevated surface at variable heights and distances from the edge of the elevated surface. The support device can be maintained on the elevated surface by a person leaning on the upper side. The support device can also be maintained on the elevated surface by a weight inserted in a cavity inside the portion of the support device that is on top of the elevated surface. Additionally, the support device can be fastened to a person with a belt or harness. The support device may be constructed from a flexible material such as foam or rubber, in particular, from a flexible material that is water resistant, such as water resistant foam.